



16200 Condit Road, Morgan Hill, 95037
(408) 782-2134

Fall/Winter 2005 Classes and Programs:

The Morgan Hill Aquatics Center is offering a limited number of classes and programs for the Fall/Winter 2005, season. We hope that you will find that these will fulfill your needs for the season.

Registration Begins Monday, August 15th!!

COED AQUATIC FITNESS CLASSES

Shallow Tone: This shallow Water class is designed to accommodate all fitness levels. With a combination of cardiovascular conditioning, toning techniques, and strengthening exercise, this class will provide you with a total body workout minus the effect from hard surfaces. Aqua socks or tennis shoes are recommended.

September 12 – November 18 M/W/F 8:00-9:00 a.m.
Resident \$105.00
Non-Resident \$115.00

September 12 – November 16 M/W 5:45-6:45 P.M.
Resident \$70.00
Non-Resident \$80.00

Deep H2O Dynamics: This class is designed for more proficient swimmers, and is taught in 7 feet of water. Deep water aerobics with the assistance of cuffs and hand buoys will increase flexibility, strength, cardiovascular endurance, balance and motor coordination in a non-impact environment.

September 13 – November 17 T/Th 8:00-9:00 a.m.

Resident \$70.00
Non-Resident \$80.00

September 13 – November 17 T/Th 5:45-6:45 p.m.

Resident \$70.00
Non-Resident \$80.00

ADD AN ADDITIONAL TWO DAY PER WEEK CLASS FOR \$45.00

MASTERS LAP SWIM PROGRAM

Structured coached workouts and lap swimming for adults, 19 years of age and over, this program includes technique and stroke refinement, endurance, strength, speed and over all skill improvement.

Monthly (Begins September 12th) M-F 5:00-8:00 a.m.
M/W/F 5:00-7:00 p.m.
T/Th 11:30a.m.-1:30p.m.
Sat 7:00-10:00a.m.

Resident \$45.00 per month
Non-Resident \$55.00 per month

Masters Fee: \$30.00 per year for U.S. Masters Registration

WETBALL

This program is designed to introduce children to the basic skills of water polo with an emphasis on fun and participation. Wetball participants practice in the shallow pool, so strong swimming skills are not necessary. Wetball is accessible for all children.

September 12 – November 17 T/Th 5:00-6:00 p.m.

Resident \$70.00
Non-Resident \$80.00

PRIVATE SWIM LESSONS

Private swim lessons for ages 3 years through adult, and for any level of ability, are available in a 4 week session. Instruction is geared toward the individual student's ability. The private swim lessons are offered as an eight class session that is thirty minutes in length per class. The sessions are either M/W or T/TH over four weeks. One student/participant is enrolled in the entire eight class session. The Morgan Hill Aquatics Center does not accept rescheduling of missed classes for this program.

Registration for these classes is on a first come, first served basis.

September 12 – October 6	M/W	9:00-9:30 a.m.
		9:30-10:00 a.m.
		4:00-4:30 p.m.
		4:30-5:00 p.m.
		5:00-5:30 p.m.
		5:30-6:00 p.m.
	T/Th	6:00-6:30 p.m.
		4:00-4:30 p.m.
		4:30-5:00 p.m.
		5:00-5:30 p.m.
Private Lessons (Continued)	T/Th	5:30-6:00 p.m.
		6:00-6:30 p.m.

Resident \$215.00

Non-Resident \$240.00

Fun 'N' Fit Swim Conditioning

This is an introductory program, for ages 5–17 years, leading to potentially joining a swim team. It features:

- Everybody Wins Philosophy
- Focus on Fun
- Emphasis on the four competitive strokes
- Includes T-shirt and individual recognition for all participants

- Monthly (September & October Only) M-Th 4:00-5:00 p.m.**

This class offers instruction and coaching in advanced swimming techniques for tri-athletes and other adults. Individual and small group coaching is designed to improve swimming efficiency (primarily freestyle for tri-athletes). Instructional times will be arranged as a group with the instructor, with 4-5 classes scheduled per month.

Add to Masters Monthly Pass	Resident	\$30.00 per month
	Non-Resident	\$40.00 per month